

THE FIRST GLANCE

SURGICAL DRAIN CARE INSTRUCTIONS

Why You Have Drains

- Surgical drains remove excess fluid that naturally builds up after surgery
- Drains help reduce swelling and lower the risk of complications
- It is normal to feel aware of the drains during early recovery

How to Care for Your Drains

- You will typically have **one drain on each side**
- Empty your drains **at least twice daily** (or more often if full)
- Measure and **record the output** each time you empty them
- Keep the bulb always compressed to maintain suction

When Drains Are Removed

- Drains are usually removed when output is **less than 30 mL over 24 hours for 2-3 consecutive days**
- Most drains are removed **7-14 days after surgery**, depending on output

Showering With Drains

- You may shower **48 hours after surgery**, unless instructed otherwise
- Keep drain sites **dry and covered** with waterproof dressing
- Avoid soaking in baths, pools, hot tubs, or lakes until cleared by Dr. Doucet

After Drain Removal

- A small amount of **yellow, pink, or blood-tinged fluid** may leak for up to **3 days**
- This is normal
- Apply a thin layer of **Polysporin** to each drain site daily
- Cover with gauze or a feminine hygiene pad as needed
- Drain sites usually close within **3-7 days**
- You may shower **24 hours after drains are removed**

Normal Drainage

- ✓ Clear, yellow, pink, or lightly blood-tinged fluid
- ✓ Gradual decrease in output over time
- ✓ Occasional small gush of fluid after drain removal

Important Tips

- Secure drains to clothing to prevent pulling
- Avoid pressure or twisting of tubing
- Do not allow pets near drain sites
- Keep compression garments clean and dry

Contact Dr. Doucet Immediately If You Experience

- 🚑 Increasing redness, warmth, or swelling at drain sites
- 🚑 Thick, foul-smelling, or pus-like drainage

- 🚑 Drainage that becomes predominantly **fresh blood**
- 🚑 Fever over **38.5°C (101.3°F)**
- 🚑 Sudden increase in pain or swelling

TROUBLESHOOTING

If the Drain Stops Collecting Fluid

- Check that the bulb is **fully compressed**
- Ensure there are **no kinks** in the tubing
- Gently “milk” the tubing toward the bulb if instructed
- If output suddenly stops and swelling increases, **contact Dr. Doucet**

If the Drain Fills Quickly

- Empty the drain and continue recording output
- Higher output early after surgery is normal
- Contact the office if drainage becomes mostly **bright red blood** or suddenly increases

If the Drain Bulb Loses Suction

- Empty the bulb, compress it fully, then replace the cap
- Ensure the cap is tightly closed
- If suction cannot be maintained, contact the office

If Fluid Leaks Around the Drain Site

- Mild leakage is **normal**, especially after drain removal
- Change gauze or pad as needed
- Apply Polysporin to the drain site
- A sudden gush of fluid may occur — this is often residual fluid and is normal
- Contact Dr. Doucet if leakage is ongoing or becomes bloody

If the Drain Gets Pulled or Snagged

- Secure drains to clothing using a safety pin or clip
- Avoid tension on the tubing
- If the drain is partially pulled out or painful, **do not remove it — contact the office immediately**

Emergency / After-Hours Care

- **Weekdays (8:00 am – 5:00 pm):** 204-885-1419
- **Evenings / Weekends:** 204-808-3584
- **Emergencies:** Go to your nearest emergency department or call 911

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THE FIRST GLANCE AESTHETIC CLINIC & SURGERY CENTRE

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Date	Time	Total Right Drain	Total Left Drain	Colour / Notes